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Azwan Azhar/Iowa State Daily

IOWA SENATE PROPOSES 2014 TUITION FREEZE

Board of Regents to present final budget request in January

By James.Scott
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Members of the Iowa Senate proposed a tuition freeze for the second year in a row.

The Democrats, who control the Senate, want a freeze on the three state universities for the 2014-15 school year. If approved, this would be the first time since 1975 that the universities did not increase tuition for two consecutive years.

Senate Democrats also have proposed tuition freezes on community colleges in the state of Iowa. Average tuition at community colleges increased 2.8 percent this fall.

"The state of Iowa is in great financial shape," said Sen. Herman Quirmbach, D-Story. "We've seen increases in revenue, and helping college students afford higher education is something the state can afford. Controlling cost and increasing state investment is better than asking struggling families to pay more."

The Board of Regents will present its proposal for another tuition freeze in January, when state legislators return from break. The proposed tuition freeze is included in a \$652 million request to the Legislature for funding in 2014.

That is an increase of \$44 million from last

year's proposal to adjust from inflation and funding statewide programs in agriculture and economic development.

"When I see the budget proposal in January, we'll have a better view on the proposal for freezing tuition again. The House has yet to see a budget from the Board of Regents," said Rep. Dave Deyoe, R-Story. "I think it's important to keep school affordable, so students don't graduate with huge debts."

If approved, the money will go toward funding state universities.

"Being a college professor, I see first-hand the effects on student loans for college students," Quirmbach said.

The Democrats in the Senate are calling for support from Gov. Terry Branstad and the Republican-controlled House to agree on the proposal.

"Many Republicans would like to see more administration savings at the state universities," Deyoe said. "Most are waiting to see the proposal by the Board of Regents, and the budget from Gov. Branstad."

The average student graduating from a four-year university is \$29,000 in debt, the sixth highest rate in the country, according to Iowa College Student Aid Organization.

"I think that the tuition freeze will be approved, and there will be bipartisan agreement to extend the tuition freeze for next year," Deyoe said.

The Senate Democrats made the proposal back on Sept. 27 in Cedar Rapids, Iowa.

U.S. shutdown could disrupt ISU programs

By Katelynn.McCollough
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Friday marks the 11th day that the United States government has been in shutdown mode since it was unable to pass a budget for the next fiscal year, which began on Oct. 1.

A finalized budget to fund the government has yet to pass through Congress and make it to the president's desk for his signature, as the issue of raising the debt ceiling before Oct. 17 heightens.

The last and longest government shutdown took place from Dec. 15, 1995, to Jan. 6, 1996, a total of 21 days.

"Because government shutdowns are not the norm, it's difficult to forecast exactly when those critical deadlines would be where Iowa State would start experiencing significant funding disruptions," said Miles Lackey, associate vice president at Iowa State.

Lackey explained that federal funding for some research could be delayed, but there are also concerns when it comes to Pell Grants, students in work study programs and visa functions for international students.

"The effects are there, but not all of us can feel or see them," said David Swenson, associate scientist in the department of economics. "Because it accumulates slowly, we run the risk of saying, 'oh, that wasn't so bad, was it?' But it may not be so bad for you; it may not be so bad for me, but it is bad for us accumulatively, and we need to pay attention to it."

Swenson said he does not see the government shutdown interfering with Iowa State's core missions but said it can still affect students' lives and be "disruptive."

Roberta Johnson, director of financial aid, said students who have student loans will not see any effects from the government shutdown but that whatever is going to happen with the debt ceiling is a larger issue.

"They are the provider of the funds for the direct Stafford and the direct unsubsidized Stafford loans," Johnson said.

The largest issue deals with how long the shutdown goes unresolved.

"We would be talking more about months than opposed to weeks," Lackey said about the timeline of impacts. "The effects short term are minimal, but the severity of that impact does increase with the duration of the shutdown."

Smaller initiatives have been pushed, without success, to fund specific areas of the government.

"If we have a shutdown that lasts a month we are going to see not just a deterioration in the economy, we're going to see a deterioration in the scope of public service and the scope of public safety," Swenson said, who explained that some things might not be inspected.

Lackey mentioned that Iowa State is also paying attention to how the shutdown is impacting others, such as farmers, in Iowa.

"We have to look at the entire forest, so to speak, if it is hurting our neighbors. At some point it's going to have an impact on us," Lackey said, who explained they have conveyed their concerns to Iowa's congressional delegation."

Swenson explained that when it comes to the coming issues of the debt ceiling, default would have a "vastly destabilizing effect on the market."

"We are here because of [the government's] continuing inability to produce a budget for the president to sign. This dysfunction started long before Oct. 1."



Jonathan Krueger/Iowa State Daily

Jean Groben, of Jasper Winery, pours wine into a glass. A standard glass of wine is 5 to 6 ounces. A study by faculty from Iowa State and Cornell revealed that participants poured more wine when holding the glass than when not.

Wine glass features deceive the eye

Students might be surprised by how much they pour

By Logan.Olson
@iowastatedaily.com

Researchers found that size, shape and color of a wine glass affects how much wine someone pours.

Doug Walker and Laura Smarandescu, respectively professor and assistant professor of marketing at Iowa State, and Brian Wansink, professor of marketing at Cornell University, took a closer look at how environmental factors affect the amount of wine people pour into a glass.

While researching a phenomenon Wansink labels "mindless eating," he came up with an idea to test the tendencies of people pouring wine.

The professors looked at six different environmental factors

WINE p6 >>



Blake Lanser/Iowa State Daily

Kelley Werner, sophomore in journalism and mass communication, uses her computer to study late at night. Overusage of technology could have unwanted health consequences.

Tech convenience poses health risks

By Ryan.Anderson
@iowastatedaily.com

Technology is everywhere, whether it is on a college campus or inside the home. Although the positives of technology are great in number, too much exposure to technology might have unwanted consequences.

"Sometimes students aren't getting the correct information or using it toward their health goals and health needs," said Dr. B.J. Jordison, family specialist at McFarland Clinic.

“There is a fine line between using [technology] as a tool and hiding behind it.”

Kearsten Brown

The availability of technological advances has made some jobs quick-

TECHNOLOGY p6 >>

Weather



FRI
47|76
Mostly sunny.



SAT
41|65
Sunny and cooler.



SUN
44|60
Sunny and cool.

Provided by ISU Meteorology Club

Police Blotter: Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

Sept. 29

Alexander Grupe, 21, 3614 Frederiksen Court, was arrested and charged with public intoxication, possession of a controlled substance and possession of drug paraphernalia at Union Drive and Wallace Road (reported at 2:44 a.m.).

An individual reported damage to a window at Music Hall (reported at 2:50 a.m.).

Jeffrey Haltom, 22, of Urbandale, was arrested and charged with public intoxication at 119 Stanton Ave. (reported at 3:22 a.m.).

Martin Lopez, 19, of Ankeny, was arrested and charged with operating while intoxicated and possession of a controlled substance at Highway 30 and University Boulevard (reported at 3:28 a.m.).

A vehicle that left the scene collided with a parked car at Lot 9 (reported at 4:09 a.m.).

An individual reported the theft of a bike at Linden Hall (reported at 3:17 p.m.).

Ravikiran Tadepali, 26, no permanent address, was arrested and charged with criminal trespass at Applied Science (reported at 4:15 p.m.).

An individual reported seeing a man grabbing a woman and arguing with her at Forker Building. The man left the area after being confronted by the reporting party. It was determined the couple knew one another and had been in a prior relationship (reported at 8:39 p.m.).

Sept. 30

An individual reported the theft of an iPad at Kildee Hall. The incident occurred on Sept. 27 (reported at 9:22 a.m.).

A vehicle driven by **Mary Harris** collided with a parked car at Lot 37 (reported at 1:30 p.m.).

An individual reported the theft of an iPad at Lot S4. The incident occurred on Sept. 14 (reported at 1:15 p.m.).

An individual reported the theft of a laptop computer at Science I. The incident occurred sometime since 09/27/13 (reported at 4:17 p.m.).

A vehicle driven by **Michael McCarville** collided with a pole at Pammel Drive and Winlock Road (reported at 5:25 p.m.).

Oct. 1

A vehicle that left the scene collided with another car at South 16th Street and South Riverside Drive (reported at 4:36 p.m.).

An individual reported damage to a door at the Memorial Union (reported at 9:35 p.m.).

Sarah Powers, 18, 5401 Wilson Hall, was arrested and charged with possession of a controlled substance at Wilson Hall. She was subsequently released on citation (reported at 11:30 p.m.).

Oct. 2

Brandon Fick, 24, 1423 S. Grand Ave., Apt 304, was arrested and charged with operating while intoxicated at Center Drive and University Boulevard (reported at 2:40 a.m.).

A vehicle that left the scene Lot 59D (reported at 12:35 p.m.).

Vehicles driven by **Robyn Riley** and **Miranda Dirks** were involved in a property damage collision at EH&S Services Building (reported at 11:52 a.m.).

An individual reported the theft of a bike at Linden Hall (reported at 2:58 p.m.).

Small businesses, economy feel effects of government shutdown

By Seth.Young
@iowastatedaily.com

Eleven days into the shutdown, the government's conditions are affecting some people more than others, such as the nearly 800,000 government employees who are currently sitting on furlough, or unpaid leave.

"Shutting down the government is a bad idea because our society is a complex web of activities, and government is the glue that holds them all together," said Steffen Schmidt, university professor of political science.

"You cannot just chop off this and that or shut off parts suddenly without causing serious damage. You can't take two tires off a car and drive it."

A bill was rushed through Congress amidst the chaos that allows for the military to remain in paid service during the shutdown.

Roughly half of the State Department civilian employees have been furloughed for the duration.

Federally funded attractions across the nation have had to close their doors, such as the Smithsonian, the National World War II Memorial and the Vietnam

Veterans Memorial.

As a result, privately owned businesses are seeing significant revenue declines.

"Many small businesses are shut down because national parks, monuments and other facilities are closed, and these souvenir shops, restaurants, bars and other businesses now can't met their payroll because there is no business," Schmidt said.

This dilemma has been faced by the country before, most recently in 1995 during the Clinton administration. It lasted a total of 21 days and cost the nation nearly \$400 million just in funds paid to furloughed federal workers. At the time, the issue was chiefly Medicare funding, not unlike the current problem.

The shutdown is being held in place by the ongoing argument about the Affordable Care Act, President Barack Obama's proposed health care plan.

While there are a number of issues that the representatives cannot seem to agree on, it is health care funding that is being thrown back and forth across the halls of the Capitol.

"Another terrible consequence of a government shutdown is

that many people are put at risk," Schmidt said. "People with delicate and life-saving medical treatment on federal experimental drugs have been deprived of treatment."

As the political chaos nears the beginning of its third week, another bill has been put in place allowing for the continuation of benefit payments to the families of fallen veterans during the near complete standstill of federal control.

It is still unclear as to when the shutdown will be resolved and what will be the result faced by the government and the country in it's wake.

"A government shutdown also raises fears that the Congress may vote against raising the national debt ceiling," Schmidt said.

The debt ceiling refers to the cap at which dues owed by the government to other countries can no longer be paid on time or in full.

If the president and the House fail to decide on a budget plan by Oct. 17, the date on which the ceiling will be reached, they run the risk of defaulting on loans causing further significant turmoil to the global economy.

Check back with the Daily for further information as the story develops.

Blue Sky Day adds color to annual race

5K run to raise money during Homecoming

By Logan.Olson
@iowastatedaily.com

Blue Sky Day is an annual 5-kilometer run, fundraiser and Homecoming tradition, but this year a new twist has been added.

The Homecoming Central Committee and Lutheran Services in Iowa were looking for a way to increase registration and overall campus involvement.

With the growing popularity of adding colored powder to races, the groups considered following the trend, said Krista Wylie, community service co-chairwoman for the Homecoming Central Committee.

"We bounced around a lot of ideas, but decided that adding color powder was the most practical, realistic and fun for this 5K," Wylie said.

The Blue Sky Day Ames Live! In Color 5K run will take place Saturday, Nov. 2. The day of the race, registration will begin at 9 a.m. at the Memorial Union, with the race at 10 a.m.



Azwan Azhar/Iowa State Daily

The Homecoming committee and Lutheran Services in Iowa are working together to increase involvement in the event.

The color powder stations will be set up throughout the course, and volunteers at different stations will toss color at runners and walkers, covering them in color from head to toe.

"Our hope is to definitely increase registration from 2012, which was around 1,100 participants," said Melanie Anderson, general co-chairwoman for the Homecoming Central Committee. "We don't have an exact estimate for this year, but with the incorporation of color we would hope to see more people."

The cost of registra-

tion is \$22 and includes T-shirt.

"To be guaranteed a shirt, you need to be registered by Oct. 11, but registration continues until the race date at the same price, you are just not guaranteed a shirt," Anderson said.

According to Lutheran Services in Iowa, the color is completely environmentally friendly, but participants should be aware that it may stain.

"I think there are two main reasons people should do the race: one being that the Lutheran Services [in] Iowa gives back to the Ames community, and second is to

just get people involved whether it be students from freshmen to seniors," Anderson said.

Anderson said this run will overall benefit the community as a whole and the Lutheran Services in Iowa.

The Lutheran Services in Iowa is a nationally accredited organization and provides services to all ages, genders, nationalities, religions, ethnicities and sexual orientations.

The organization provides services like adoption and foster care services, counseling and therapy, crisis care and family support, improving behaviors and residential treatment, according to the Lutheran Services in Iowa website.

Homecoming events start Oct. 27 and continue through Nov. 9.

The Homecoming Central Committee within the Student Alumni Leadership Council plans events for Homecoming every year. The theme for this year's Homecoming is "The Tradition Continues."

To register for the race, students can visit the website of Lutheran Services in Iowa: www.LSlowa.org/blueskyday.

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PERIODICALS POSTAGE

New equipment helps explore growth of plant cells

By Natalie.Whitis
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An ISU professor has teamed up with a Penn State professor to use new technology to discover the process by which plant cells grow.

Last fall, Mei Hong, professor of chemistry, began working with Daniel Cosgrove, professor and holder of the Eberly Chair in Biology at Penn State.

“We came upon the idea of using this new, enhanced method that she knew about, a sensitivity-enhanced method for nuclear magnetic resonance analysis, with some of our proteins that loosened cell walls,” Cosgrove said.

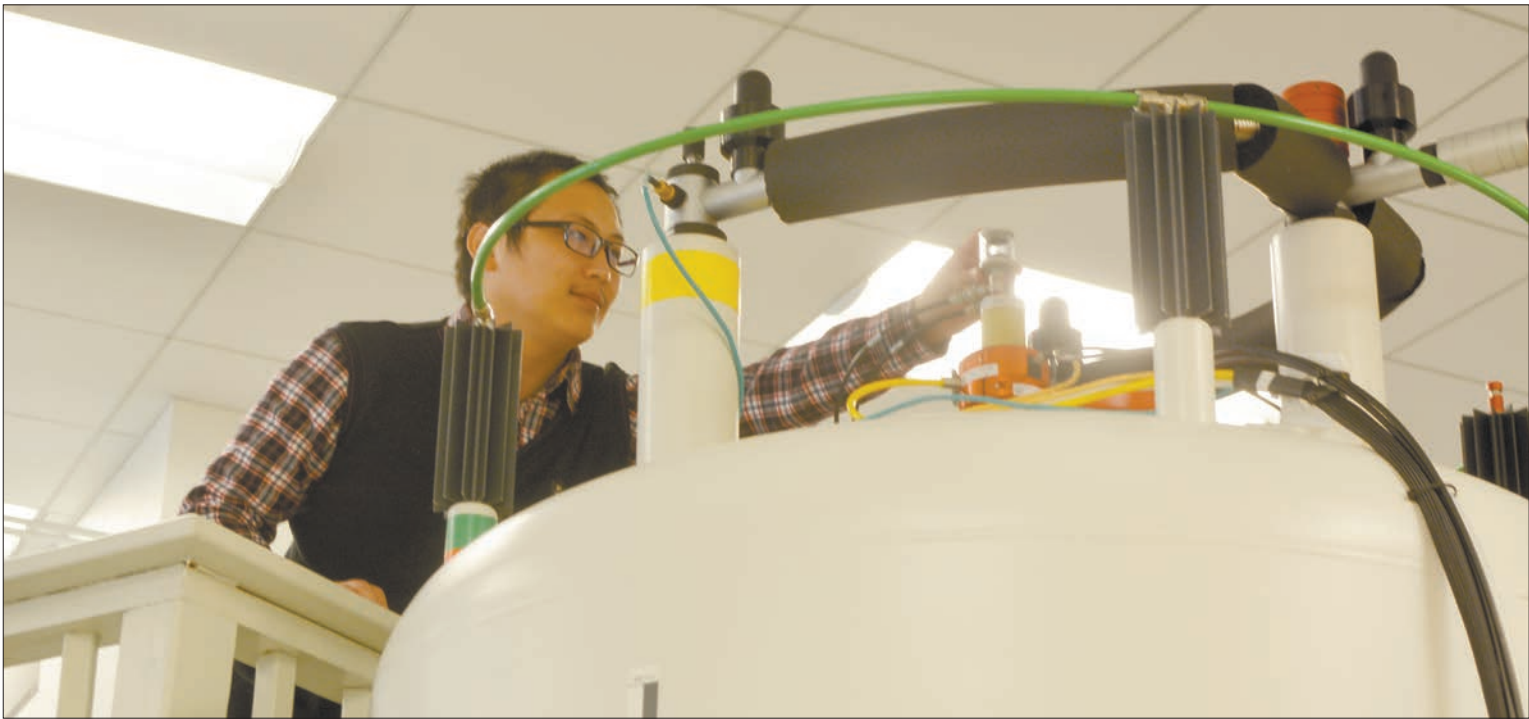
The focus of the experiment was finding the binding site on plant cell walls of a specific protein. This protein weakens the structure of the cell wall and allows it to grow.

The amounts of protein are so small that most methods cannot detect it easily. The team bypassed this problem with a new technology called dynamic nuclear polarization.

Dynamic nuclear polarization enhances the sensitivity of the standard technique for this type of experiment called nuclear magnetic resonance spectroscopy.

The two teams of researchers enlisted the help of Bruker Biospin Corporation, a manufacturer of scientific instruments, in order to use this technology.

“On our side, we had the general biological concepts we



Tuo Wang, graduate in chemistry, works for Mei Hong, not in pictured, in researching the binding site of proteins in plant cell walls. Nur Surya Abu/Iowa State Daily

were trying to address and also prepared the biological materials,” Cosgrove said.

“Hong was able to design some really novel experiments, and the equipment was not really available to either of us, so that’s what the Bruker people contributed.”

Tuo Wang, graduate in chemistry and part of the research team, said that the dynamic nuclear polarization technology was vital for the research.

“[Nuclear magnetic reso-

nance] is a very powerful technique. We use a lot of NMR techniques in chemistry and also biochemistry,” Wang said.

“But the limiting factor is sensitivity.”

He said this technique allowed them to do in one day what would have normally taken three years to accomplish.

Using nuclear magnetic resonance techniques, they found that the target site of the protein was the part of the cellulose microfibril that is enriched with the

hemicellulose xyloglucan, which has a different structure than the rest of the plant’s cellulose. When the protein binds to these sites, it weakens the structure of the cell wall. This loosens the cell wall and allows it to grow.

Cosgrove said that the results are very interesting.

“The results show us that this protein has great selectivity for the kinds of site that it targets,” Cosgrove said.

“So that implies a level of structural sophistication in the

growing plant cell wall that we really didn’t know about before these results.”

He also talked about the implications of this research.

“Where it’s going in the long run is a better understanding of the plant cell wall and how it grows and how plants control the growth of the cell wall,” Cosgrove said.

“That, of course, is important to plant growth, plant productivity, crop productivity and, well, all plants that grow.”

‘N*W*C’ play to counter racism, break down social barriers with laughter

By Natalie.Whitis
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Rafael Agustin uses tough words, comedy and theater to combat racism and stereotypes. Thus the “N*gger Wetb*ck Ch*nk (N*W*C)” play is returning to Iowa State for the second time and is planning to break down the social barriers around the long lasting topic of racism through laughter.

On the bottom of the flyers that advertise the show, there is a small asterisk next to a small body of text that states, “Relax! It’s a comedy!” Yet, it is more than that.

Rafael Agustin, co-creator and performer for the “N*W*C” play and fellow cast members, Dionysio Basco and Jackson McQueen draw on their experiences from education, slam poetry and hip hop to redefine the live stage experience.

Living by one mission statement, “Don’t be boring,” the crew members

“It’s a hard hitting subject that’s supposed to make you feel awkward.”

Natasha Porizkova, of the Student Union Board

hope their play will enhance cultural awareness and artistic risk taking.

“I don’t care even if you are a white male, write your story. The last thing you need is someone to define your world,” Agustin said.

The “N*W*C” play draws from a rich heritage of not only the words themselves, but also the performers who are representing the stereotypes and their personal stories.

Agustin was undocumented in the U.S. for 14 years. He obtained his bachelor’s and master’s at UCLA and performed in numerous productions, including “Roosters.” It was not until he addressed his former professors about creating a so-

cial awareness production about race and stereotypes that the “N*W*C” play came to life.

“My old college professors, who are now my friends and co-owners of the company, were the first white people I told I was undocumented. I tell people all the time that’s like the equivalent of a gay person coming out of the closet,” Agustin said.

Since then, the play has been touring nonstop for over five years and the demand for their innovative take on the subject never seems to cease.

The production’s socially conscious approach to the subject makes the racism and prejudice real to the audience. The balance comes from the unique mixture of comedy and the step away from traditional theater makes for a compelling experience that knocks down the overwhelming shroud of racism and stereotypes with a modern approach.

The goal of the performers is to make viewers put themselves in other people’s

shoes and feel the experience while using comedy to bring together a sound community.

The Student Union Board decided to book the show again this fall in an approach to bring multicultural entertainment to campus.

“It’s a hard hitting subject that’s supposed to make you feel awkward, and that’s good because it brings about awareness,” said Natasha Porizkova, representative of the Student Union Board.

The play deals with the generational gap and more; the fall out of what these words mean and how they affect society today. Agustin says that dictionaries do not define words but give us popular uses for the words.

“That’s the beauty of language, no one can control it,” Agustin said.

Agustin states that there is a fine line between racial humor and a cheap racist laugh.

“N*W*C” will be at 7 p.m. Friday in the Great Hall.

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Editorial

Congressional cherry-picking delays solution

The government shutdown is a problem. It deeply is affecting every sector of society, regardless of how important or relevant. Programs to fund healthy foods for low-income mothers have been stopped. The Centers for Disease Control and Prevention has shut down its influenza prevention program, just in time for flu season. The National Zoo isn't open for spectators; even the live "panda cam" has been switched off.

But what certain members of Congress seem to be concerned about most is the ability of veterans — and other American citizens — to be able to walk through war monuments and visit national overlooks.

Republican Congress members from Michele Bachmann to Randy Neugebauer have spent days stationed outside of the National World War II Memorial in Washington in order to let American war veterans pass the National Park Service barricades and visit the monument.

"These brave Americans have sacrificed so much for our country," said Reince Priebus, chairman of the Republican National Convention. "House Republicans have acted to keep parks and monuments open; Democrats are standing in the way. We want to do what we can, in the face of the intransigence from the White House, to support our veterans."

Republican politicians like Priebus have even offered to use private Republican Party funds in order to hire a staff of five security guards for the memorial. This would allow it to remain open for 30 additional days, despite the shutdown — and veterans would be able to visit whenever they wished.

It is true that our war veterans are and should continue to be valued and appreciated for all that they do and have done to defend our country. But why is the GOP fighting for people's rights to walk through memorials and appreciate the scenery at national overlooks when there are so many crucial government-funded programs at risk?

The shutdown is halting a number of programs vital for the continued innovation and research development of the country; NASA, for example, has furloughed all but a few hundred of its 18,000 workers, halting critical research projects. And several Antarctic projects, which have been delayed because of the shutdown, are in danger of being damaged permanently. NASA's IceBridge campaign, a project designed to observe and record changes in glaciers and sea ice, will likely be canceled for the entire year.

Across the country, 7,000 children are staying home from Head Start early education, and there are now more than 9 million in the Women, Infants and Children nutrition program who are struggling to obtain nutritious food every day.

More than 2,000 shelters offering support to victims of sexual and domestic abuse rely on government programs to stay open; soon, they'll be forced to close their doors as well.

Congress recently voted on a series of proposals which would restore funding to the Department of Veterans Affairs, fund the city of Washington, D.C., and keep all national parks and museums open temporarily. It failed.

The proposal is addressing only those parts of the shutdown that seem the most poignant to Republicans.

Picking and choosing which consequences of the shutdown are more important to address is simply a cop-out way for the GOP to look like a hero for veterans and tourists.

What about the other vital programs needed by Americans?

Critical food investigations sponsored by the Food and Drug Administration have stopped. Rape investigations are being put on hold. And millions of Americans are struggling every day to feed their families and keep their children in early education programs.

"People shouldn't have to choose between help for our veterans and cancer research," said Sen. Charles Schumer, D-N.Y. "We shouldn't have to choose between visiting our national parks or enrolling kids in Head Start."

The nation's No. 1 priority should be reopening the government and every single one of its programs. Republicans need to stop cherry-picking and start addressing the problem as a whole.

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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.



Jake Miller/Iowa State Daily

Rhonda and Roger Reker enjoy their time at Hickory Park with their friendly server Breanna O'Tool. Columnist Emily Krueger recommends learning and employing simple restaurant etiquette to enhance your dining experience and treat restaurant staff politely.

Etiquette aids dining experience

By Emily Krueger
@iowastatedaily.com

"Hello, welcome to our restaurant! Will anyone else be joining you today?"

You emerge from your comatose state long enough to mumble an answer. You've had the most stressful week of your life. Between classes, clubs and your part-time job, the muddled stress mixed with your limited time has nearly pushed you over the edge.

You look around and notice a couple of booths open in the back of the crowded restaurant; how good would it feel to spread out in one of those cozy booths during the rampage of pain that is your existence?

While in your state of oblivion, the restaurant hosts have found a spot for you to sit and direct you to a table with four chairs.

Obviously, you won't stand for that. Never mind that the restaurant is buzzing with people or that the booth could seat a family of six — you need a booth next to a window.

At the end of your meal, you receive a \$30 tab. You pull a smattering of quarters and pennies from your pocket and leave your remaining charity on the

receipt. Working as a restaurant employee, I see scenes such as this nearly every shift. I can understand the crazy college schedule, and I can admit to having bad days. However, it reflects poorly on you when you take your frazzled overload out on an employee. While a server's job is to assist an individual during the course of their meal, it gives them no right to treat the server like a slave.

Here are some simple ways to make sure your restaurant experience is a decent one for both you and the employees:

Hosts

Hosts are the people who greet you at the door of the restaurant and figure out the best place to seat you at the time. Believe it or not, there is a method to their madness. Most restaurants have a rotation chart at the host stand. One of the hosts' jobs is to seat each section in an orderly fashion. This is so one server will not be bombarded by four tables that need immediate assistance while another server has nothing to do.

If you know you want a booth, tell the hosts your preference before you are seated. I say this because I know how aggravating it can be to walk across the restau-

rant and only then to be told the guest's inclination. If the restaurant is not too busy, chances are you will get a booth.

However, if the restaurant is busy, you have a few options. You can either wait for a booth to open up, accept the table that you will be seated at, or choose another restaurant.

At some restaurants, the hosts are expected to tell you the daily specials after they seat you. This only takes a half a minute at the most, so try not to embarrass the hosts by cutting them off, giving them your drink orders (which is not part of their job), or acting bored with the whole spiel.

Servers/bartenders

Servers and bartenders probably have one of the most difficult jobs in the restaurant. It can often be highly demanding and poorly rewarded.

Drinks come first — don't be that person who takes a full 15 minutes to decide what kind you want. Decide quickly; you can always ask for something else later.

When a server has other tables to assist, chances are that they will give you more time to decide on your food order to go assist another table. Surprise: As soon as they walk away, you'll probably

have made your decision. Now you get to wait until the server helps the other tables before helping you.

Figure out what sides you need for your meal, and tell the server all of them in one or two trips. It can be extremely frustrating to the server if every time they go to check on a table, you flag them down and demand ranch dressing ASAP. You are not the only table in the restaurant; don't expect to be treated as such.

Servers often make less than minimum wage, so if they did a good job and served you well, tip them well. Servers understand that most people don't have an extra 20 bucks to tip them on a \$30 tab. Common courtesy is to tip 15 percent. If you can't afford that, you can't afford your meal either. More affordable options that don't require tips are out there, such as McDonald's.

Ultimately, it comes down to a simple cliché: Treat others how you would want to be treated. Restaurant staff work hard to bring you service, not to be your servant.

You never know: They might have mountains of homework to complete at the end of their shift, just like you do.

It might seem like simple stuff, but basic etiquette always is.

Farm bill fails to represent food needs

By Nick Lafrenz
@iowastatedaily.com

A subsidy is, by definition, a sum of money granted by the government or a public body to assist an industry or business so that the price of a commodity or service may remain low or competitive. By any other name, subsidies are seen as an undermining of the ideals and foundations of capitalism.

But we do not reside in the paradise of capitalism which is lauded as the building bricks of our great nation. Instead, crony-capitalism has run rampant in the government, especially within the realms of the farm bill, which has now been waiting for more than a year to be passed. Business will inevitably use their power to influence governments, only serving as a wedge in the democratic process.

In the political landscape of the United States, the GOP is the last party you would expect to find in support of subsidies of any form, let alone those which are largely wasteful. This conflicting reality clashes with the idea of a free market, which is so grossly celebrated as the solution to all of our worldly issues by the GOP.

Yet, as is visible by the

blatant abuse of this system, they are used as a political bargaining chip to leverage their support with groups such as Heritage Action and Club for Growth, which, in turn, lobby for even more lucrative endorsements within the new farm bill.

Lobbying for more money for farmers seems like the next step in the logical progression of defending the "poor farmers" from big government and getting them what they deserve for feeding the tired, poor, huddled masses yearning to eat.

What is rarely brought up in these discussions is that there was a 79 percent increase in farm profits from 2009 to 2012. Farm income has increased from \$75.6 billion in 2009 to \$134.7 billion in 2013. With support for the farm bill at a critical point, a bipartisan group of 20 senators wrote a letter to the Senate minority and majority leaders.

The letter stated they will not support a farm bill extension that includes the direct payments, which is guaranteed free money, in a time when the agricultural industry is booming in terms of profits.

It is almost unfathomable that we live in a society that allows a party that is dying a slow and ravenous death to use morally and

ethically abhorrent tactics to reap unnecessary, unneeded and undeserving profits for both themselves and those with the power to support them.

"Without regard to whether we supported the Senate farm bill or opposed it, we all agree that Congress should not consider another extension of the 2008 farm bill that continues direct payments," the senators wrote.

"Such an outcome would represent a costly regression in light of the U.S. Senate's bipartisan efforts to eliminate this multibillion-dollar subsidy."

Few people know that the funding for Supplemental Nutrition Assistance Program comes from the farm bill. In fact, more than 80 percent of the bill goes toward this necessary program, which "offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities," according to the official SNAP website.

Iowa's own U.S. Sen. Chuck Grassley, who laments the Democratic party as an uncontrollable spending machine, has received more than \$900,000 dollars in government subsidies for his personal farm from 1995 to 2013. That is not fiscal responsibility.

What we are seeing is a colossal failure to represent the needs of the constituents who, in many cases, did not even vote for these representatives. This is due to the almost comical amount of gerrymandering which takes place in many of the states receiving the majority of these benefits.

Women, the elderly and children are those who are under threat of losing the program, which puts a meager amount of food on the dinner table each night, all so larger farms can reap the benefits of larger direct payments, which are delivered regardless of how well the harvest turns out.

The average farm household had a \$7,274 monthly income in 2011, compared with \$744 in average monthly household income for food stamp recipients that year.

This is a tenfold difference in incomes, yet those with less are expected to take it on the chin, as if it is their God-given duty to do so. The Republican Party serves as an obstruction to the ending of corporate welfare, which is detrimental to any capitalistic economy.

Republicans are not the fiscally responsible party. They are a party that utilizes the tools available to them, exploiting those in need for their own monetary gains.

In with the NEW

Men’s basketball to push ahead with fresh faces

By Alex.Halsted @iowastatedaily.com

Monte Morris and Matt Thomas found themselves in Morris’ Ames apartment after a loss in a scrimmage early this week, trying to figure out what went wrong.

Morris and Thomas are two of eight players who will play in an ISU uniform for the first time — and two of many others who are vying for a starting role.

“We were pretty upset we lost,” Morris said. “We talked about things on defense — shots we gave up, us being tired — whatever the situation was. We just know next time we have to push that much harder.”

Push that much harder to reach the NCAA tournament for a third-straight season and to find a spot

in the team’s starting lineup, which is still to be determined.

“I wouldn’t even begin to know to tell you right now who our starters are going to be,” said ISU men’s basketball coach Fred Hoiberg at the team’s media day Thursday.

After advancing to the NCAA tournament for the second-consecutive season in March, Iowa State graduated six players, including the bulk of its starters.

“It’s a little rocky at first when you have as much to be replaced as we do,” Hoiberg said. “Losing over 52 points, 17 rebounds, 12 assists a game [and] 278 of our 346 3s. There’s a lot of new faces that need to come in and make contributions.”

Senior guard DeAndre Kane, who transferred from Marshall to play his final season at Iowa State, is one of those faces who is expected to crack the starting lineup. Morris and Thomas, both true freshmen, are others.



Head men’s basketball coach Fred Hoiberg addresses the media at Iowa State’s annual men’s basketball media day at the Sukup Basketball Complex on Thursday. Hoiberg talked about how eight players on this year’s roster are new to the team.

“We have some special pieces here,” said sophomore forward Georges Niang. “We have some guys that can really shoot the ball and some guys that can really get to the rim.”

The Cyclones were picked by Big 12 coaches to finish fourth in the conference this season, even with the uncertainty.

“To be honest with you, I think they picked those top three teams — Kansas, Okie State and Baylor — and then threw the rest of us in a hat and just threw them out,” Hoiberg said. “When you look at the talent of those top three teams, there’s a lot of parity from that point on down.”

Niang and Ejim enter

the season pushed into the spotlight for the Cyclones as the team’s most recognizable players. Ejim was selected as a preseason First Team All-Big 12 player, and Niang was picked as one of the league’s top freshmen last season.

There is room for others to step into the spotlight, too.

“All these guys that we’ve lost are going to be hard to replace,” Ejim said. “That’s what starting a new season and graduating and becoming a freshman in college is all about, you want to step into that role, you want to start something new and have an opportunity to improve yourself.”

Football to try recreating 2011 magic against Texas Tech defense

By Dylan.Montz @iowastatedaily.com

Last time Iowa State made a trip to Lubbock, Texas in 2011, it left with a 41-7 victory against then-No. 19 Texas Tech. It was the largest margin of victory for an ISU team against a ranked opponent.

Flash forward to the Cyclones’ (1-3, 0-1 Big 12) matchup with the Red Raiders (5-0, 2-0 Big 12) this season and the similarities from last time end with where the game is being played. ISU running back Jeff Woody feels Texas Tech is much different from its 2011 version, especially

on defense.

“They do a lot of goofy stuff,” Woody said of Texas Tech’s defensive front. “They’ll run three-down, they’ll run five-down, they’ll run four-down, they’ll run three linebackers down and two guys all the way inside the guards and leave the tackles uncovered. That wasn’t really the case when we played them back then so defensively it’s a little different.”

Also different from Texas Tech teams in recent years is the return of Kliff Kingsbury, this time as the Red Raiders’ head coach. Kingsbury was the quarterback in Lubbock from 1999-2002 and is in his first year as his

alma mater’s head coach.

In Kingsbury’s untarnished record as a head coach, 5-0 in just this season, it’s easy for ISU coach Paul Rhoads to pick out something Kingsbury has been able to do well in his first job as the leader of a program.

“He doesn’t lose, first off. Undeclared as a head football coach, that’s a pretty clean record to have. His football team is one that plays with great calmness and poise,” Rhoads said of Kingsbury.

“They went on the road and found themselves down quickly to a team that was playing very inspired, emotional football and

they just kept on doing what they do. Winning on the road is hard, it’s especially hard in this league and they did it with a great sense of poise and I think that comes from the very top.”

Rhoads has also taken notice to Texas Tech’s improved defense. In five games this season, two of which were against Big 12 opponents, the Red Raiders have not given up more than 23 points in a single game.

In Iowa State’s 2011 victory in Lubbock, the Cyclones jumped out to a 21-0 lead after the first quarter. Starting fast on the road is something Iowa State will try to do again against a defense that

Rhoads feels has come a “long ways.”

“They’re energized, they’re confident, they’re playing that way. New schemes that they’re utilizing and certainly fits their personnel,” Rhoads said of Texas Tech’s defense.

“They’re playing with some guys that are undersized, but it fits their scheme and they really fly around to the football. I think similar to their demeanor on offense, they stayed the course [last] Saturday against Kansas and really buckled down.”

Kickoff is slated for 11 a.m. in Lubbock, Texas and will be televised on Fox Sports 1.

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>>WINE p6

that are normal to most situations when pouring wine. Some of the factors included the shape of the wine glass and color or contrast of the color to the glass.

“Each participant would come in to their food brand, food lab there at Cornell, and there were various stations set up through the lab, and they would go to them and they would be asked to pour what they considered a serving,” Walker said.

Every station was different. Some had different sized glasses or different place settings, and the participants were not allowed to drink. Participants were asked to pour the same amount at each station.

The researchers found

that on average, participants would pour 3.95 fluid ounces in to their standard base line glass. When the glass was wider, the participants poured 11.9 percent more wine. Due to the contrast with the glass, white wine caused participants to pour 9.2 percent more. When the glass was in the participants’ hands, they poured 12.2 percent more wine.

“The participants were of drinking age but were in their 20s,” Walker said.

Walker said the age of the participants makes it relevant to ISU students

“I don’t believe that students are aware of how much they are drinking,” Mariana Carter, sophomore in microbiology. “I think a lot are wrapped in the stigma of drinking in college, so they don’t nec-

“I don’t believe that students are aware of how much they are drinking.”

Mariana Carter

essarily keep tabs on how much they drink.”

Walker said wine is not the only form of alcohol the study can be applied to. Glasses can be deceptive when pouring beer and liquor, too.

Walker says the results of the study should give ISU students pause before they fill their next glass.

>>TECHNOLOGY p6

er and more efficient. Employment applications have started asking for computer program skills.

“[Technology] is beneficial in regards to electronic health records, coordination between different doctors and different places allowing information about patients to be transferred quickly,” Jordison said.

Technology can give students the ability to have classes online and work from home.

“I do think that students are becoming more reliant on [technology] and less on physical activity, like walking across campus, so they are able to move less, which is a big deal,” Jordison said.

Constantly using technology has been shown to have negative health side effects, such as carpal tunnel syndrome, Jordison said.

“Carpal tunnel is basically an inflammation of the nerves that goes to your thumb and the next two-and-a-half fingers next to the thumb,” Jordison said.

Jordison said it could cause numbness, weakness and pain that can lead to dropping things and losing grip strength. Handheld devices specifically have been on the rise for years and do not seem to be slowing down.

“I think time will tell if things like this are going to cause long-term health effects,” Jordison said.

Carpal tunnel is not

the only side effect of continuous usage of electronic devices.

“We have lost healthy face-to-face communication,” said Kearsten Brown, junior in public relations.

We should be careful with how we use technology because it can become addictive, Brown said.

“There is a fine line between using it as a tool and hiding behind it,” Brown said.

Personal contact is essential in human development, Jordison said.

“It’s hard to pinpoint what’s going to happen 10 or 15 years down the road to these kids that are standing in front of a screen for excessive amounts of time,” Jordison said.



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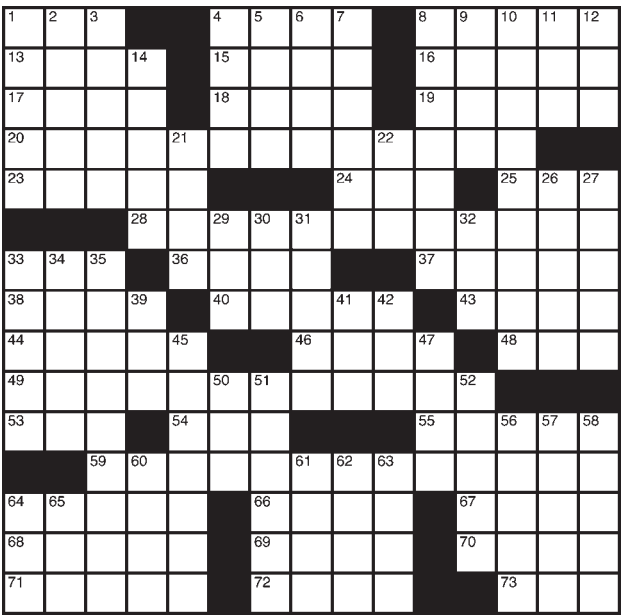
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Daily Fun & Games

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Crossword



Across

- 1 Auto club offering
- 4 Gregory Peck role
- 8 Foster on a screen
- 13 Stretches of history
- 15 He actually played the lyre
- 16 Amherst sch.
- 17 Two-time NBA MVP Steve
- 18 Component of ocean H2O
- 19 Lawn game using jobbed missiles
- 20 Buff ancient ruler?
- 23 Attorney general before Thornburgh
- 24 Yank's foe
- 25 Dudes
- 28 Own a few James Brown albums?
- 33 Fez, e.g.
- 36 Bankruptcy factor
- 37 Polynesian island nation
- 38 "Break ___"
- 40 Fare named for its shape
- 43 Fabric quantity
- 44 Mother of three French kings
- 46 Shiny fabric
- 48 Arctic coast explorer
- 49 Leaps over an oily mud puddle
- 53 DSL user's need

- 54 Mao's successor
- 55 Sticky-footed lizard
- 59 Beef baloney?
- 64 Botanist's category
- 66 Dweeb
- 67 Size measure
- 68 Competitor's dream
- 69 A bit off the ground, "up"
- 70 Sound like an ass
- 71 Bobbin
- 72 Ketel One competitor
- 73 NFL stats

Down

- 1 Common break hr.
- 2 Speak
- 3 Refuse
- 4 "Pitch Perfect" co-star Kendrick
- 5 Summer phenomenon
- 6 Curved support
- 7 Short jacket
- 8 Concession stand candy
- 9 Easternmost Arabian Peninsula country
- 10 "Dr. Strangelove" feature
- 11 Adherent's suffix
- 12 Start to stop?

- 14 With 52-Down, grilled fare
- 21 Take control
- 22 Bottom line?
- 26 ___ Gay
- 27 Ray in the ocean
- 29 Boxer's attendant
- 30 Fall back
- 31 It's a wrap
- 32 "Terri!"
- 33 Pilgrim to Mecca
- 34 Diamond clan
- 35 Trophy case memento
- 39 Econ. measure
- 41 Bug
- 42 Earthbound bird
- 45 Crewman for 4-Across
- 47 Tech sch. grad
- 50 Slow boat
- 51 Hangs around the house?
- 52 See 14-Down
- 56 Pungent Thai dish
- 57 Play with, as clay
- 58 Gives the go-ahead
- 60 First name in folk
- 61 Cause wrinkles, in a way
- 62 Joel of "Wicked"
- 64 Water whirled
- 64 Some mil. bases
- 65 Edge

Horoscope

by Linda Black

Today's Birthday

(10/11/13)

Get adventurous this year. Build on what works at work. Romantic fantasies become more achievable, with domestic bliss available. Career or studies may include travel, which suits you fine. Discovery and exploration recur as themes. Good news develops for you and your partner next spring. Keep squirreling your nuts away and take time for play.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries

(March 21-April 19)

Today is a 6 – Write or record your ideas. Continue to increase enthusiasm. Except for right now, when there could be a breakdown ... more research is required. Love gives you extra patience. Be careful now.

Taurus

(April 20-May 20)

Today is a 6 – A friend's change in plans alters your anticipated expenses. Work it out. Take the philosophical high road. Resist spending for the time being. Consider it all with a sense of humor.

Gemini

(May 21-June 20)

Today is a 6 – Make travel plans, although you have more at home than you may realize. Continue to increase creative output. Generate a little controversy. Veto power could get exercised. Intuition guides you. Keep completing tasks and decreasing obligations.

Cancer

(June 21-July 22)

Today is a 6 – Make your move already. An emergency at work requires full attention. Postpone travel and commitment. You're gaining influence. Expand your understanding. Push hard to finish a project

Leo

(July 23-Aug. 22)

Today is a 7 – Share a dream with associates, and advance a level when they sign on. Stay cool and move quickly. Practice what you preach. Shift emotional direction. Consider consequences before acting. Keep increasing your authority this week.

Virgo

(Aug. 23-Sept. 22)

Today is a 6 – Stand up for what you know is right. Watch your step, though. Build a strong foundation. Get what you need. Have it delivered. Bring order out of chaos.

Libra

(Sept. 23-Oct. 22)

Today is a 6 – Your status rises. Review recent action to gain greater insight. Store books and papers. Stay out of somebody else's argument. Check equipment before launching. Continue to gather data.

Scorpio

(Oct. 23-Nov. 21)

Today is a 6 – You get a jump on the rest of the pack. Don't gamble. Keep doing your homework. Be diplomatic. Gain more than expected, although there may be a disappointment as well. Pamper yourself.

Sagittarius

(Nov. 22-Dec. 21)

Today is a 7 – You're moving up. Make adaptations to your living arrangements. Revive old associations and friendships. Career opportunities percolate. Check work orders for changes. Plan your strategy so you can strike while the iron is hot.

Capricorn

(Dec. 22-Jan. 19)

Today is a 7 – Take it one step farther. Stay flexible when something you try doesn't work. Open your heart, but don't tell all, yet. Watch for hidden complications. Don't get intimidated. Maintain objectivity in a controversy. Finish up and reward yourself with a treat.

Aquarius

(Jan. 20-Feb. 18)

Today is a 6 – You and your team accomplish more than expected. Share expenses. Keep playing and expand the game. Apply theories logically. Maintain your eye on the ball. Anxiety could push you to act too soon. Review your wish list.

Pisces

(Feb. 19-March 20)

Today is a 5 – New possibilities open up, including an interesting development. You'll need to choose! Cut stress by relaxing with friends. Consider ideas as you apply elbow grease to a household chore. Keep practicing. You're gaining wisdom. Be willing to expand.

Sudoku

by the Mephram Group

2	5			1				
		1				3		
		3	8	6	7			
								7
8	7			4			2	9
1								
			4	3	9	1		
		4				7		
3				2			6	4

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk